

Breaking the Mold

June 2023 Newsletter

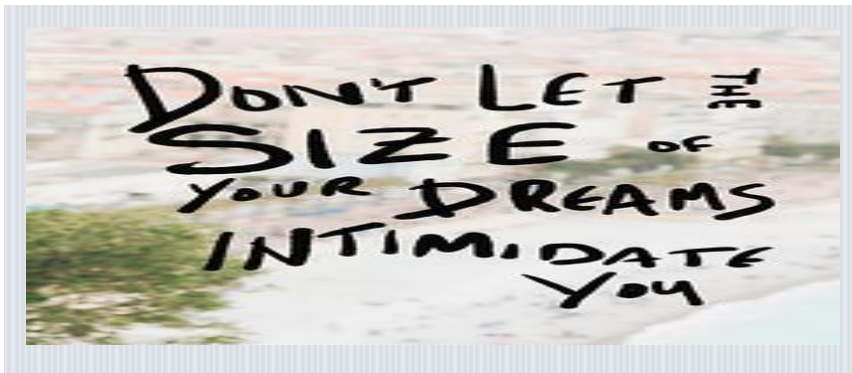
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Habits

Pursuing our dreams can be a daunting proposition because they are an expression of our uniqueness. No wonder we find it scary and look for reasons as to why we can't pursue them. Finding excuses to put off doing or having what we really want, can be a very potent block. It can cause us to hold back and not start, not take the first step. This pattern if repeated often enough

Habits are actions we perform on a regular basis and account for a large part of the way we portray ourselves to others and how we spend our time. Habits, whether physical actions or mental thought processes, are formed from repeated patterns that become automatic over time. They occur in response to specific environmental prompts or



becomes a habit. Just as conditions start to look favorable for us to embark on our longed-for goals or dreams, we somehow manage to find ourselves in some dilemma or situation that results in us not been able to start.

If this scenario seems familiar to you it may be because you are stuck in a repeating life pattern or habit.

signals. Some habits keep us on our chosen track and help us to achieve our goals.

If you are trying to break a negative habit this might help: Look at the cue or signal that causes you to act or respond in the undesired way. Find a way to remove or change the cue. Try to redefine yourself as a non-smoker or whatever the desired outcome is. Be patient, kind and consistent. **Good Luck!**

Marie Wellness Clinic

As you can see the theme this month is all about the effects habits have on our ability to make lasting changes.

Negative habits are not productive and can affect how we see ourselves and how we interpret our experiences.

Habits function as our autopilot, that we have at some point implemented as a shortcut. They operate outside our intention and respond to environmental signals automatically. For example; leaving your trainers nearby will trigger your intention to do some exercise.

"The greatest adventure is what lies ahead. Today and tomorrow are yet to be said. The chances and changes are all yours to make. The mold of your life is in your hands to break." J.R.R. Tolkien

Call Marie on 050 1087592 if you are struggling to make changes.

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